

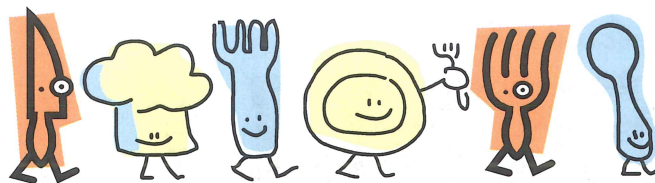
Member Schools:

- Aguilar Elementary School
- Arredondo Elementary School
- Bustoz Elementary School
- Carminati Elementary School
- Curry Elementary School
- Holdeman Elementary School
- Hudson Elementary School
- Kyrene de los Niños Elementary School
- Scales Technology Academy
- Wood Elementary School



KID ZONE NUTRITION PROGRAM
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This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.



FAMILY NIGHT 2010

PROGRAM GUIDE



**HOSTED BY THE KID ZONE
NUTRITION PROGRAM**

Welcome to:

FAMILY NIGHT 2010

THANK YOU for taking the time to attend *Family Night 2010* with your child(ren). Our theme this year is *Champions for Change*. We hope you leave this event feeling empowered to utilize the skills and information that you have received. We encourage you to ask questions and participate in all of the activities with your child(ren).

Ask the Kid Zone Dietitian:

Contact *Melinda Johnson, MS, RD* with any questions that you may have!

Melinda_duffjohnson@hotmail.com

Arizona Nutrition Network:

www.eatwellbewell.org

Recipes, Ideas, Games, and more!

REMEMBER:

**YOU MAKE THE DECISIONS
THAT KEEP YOUR FAMILY
HEALTHY AND STRONG!**

Activities Include:

- **Food Demonstrations-** Taste great recipes that are easy and economical.
- **Games for all-** Challenge your child(ren) to see who is the best at the baseball throw or who can keep up on the Wii.
- **Information booths-** Explore areas filled with helpful hints and some fun facts.
- **Life-form pyramid-** Test your knowledge of food groups using life-like food.
- **Face painting-** Have your favorite fruit painted on your face for all to see.
- **And much more!**

NEW!

CHECK US OUT ONLINE...

www.tempe.gov/kidzone/program/nutrition.htm